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THE OHIO STATE
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Dining with Diabetes: Helping Ohioans Manage Diabetes



Purpose

Ohioans with diabetes are at risk for developing health problems such as heart disease, stroke, high blood pressure, blindness, kidney disease, and loss of limbs. OSU Extension's Dining with Diabetes program consists of three, two-hour classes, that focus on the topics of carbohydrates; fats and sodium; and vitamins and minerals. Individual sessions include diabetes education, cooking demonstrations, and food tastings to emphasize that preparation of healthy foods can be a part of a healthy lifestyle.

Impact

After the 2013 classes, participants were more likely to be able identify carbohydrate sources, serving sizes, and heart-healthy foods. Eighty-nine percent understood recommended vegetable serving sizes compared to only 52% before.

Following the 2013 classes, a larger percentage of participants reported they "often" or "almost always" read food labels, use heart healthy oils, and use herbs in place of sodium.

Following the 2013 classes, participants report that they are more physically active. Fifty-six percent reported that they had started to include physical activity into their daily routine.

Ohio State Colleges/Units Involved

College of Food, Agricultural, and
Environmental Sciences
College of Education and
Human Ecology
College of Public Health
OSU Extension
Department of Human Nutrition

Community Partners Involved

38 Ohio State University Extension
County Offices
Local Registered Dietitians
Certified Diabetes Educators

